



July 14, 2011

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The Intern Voice

GIP Interns Visit the West Virginia State Museum

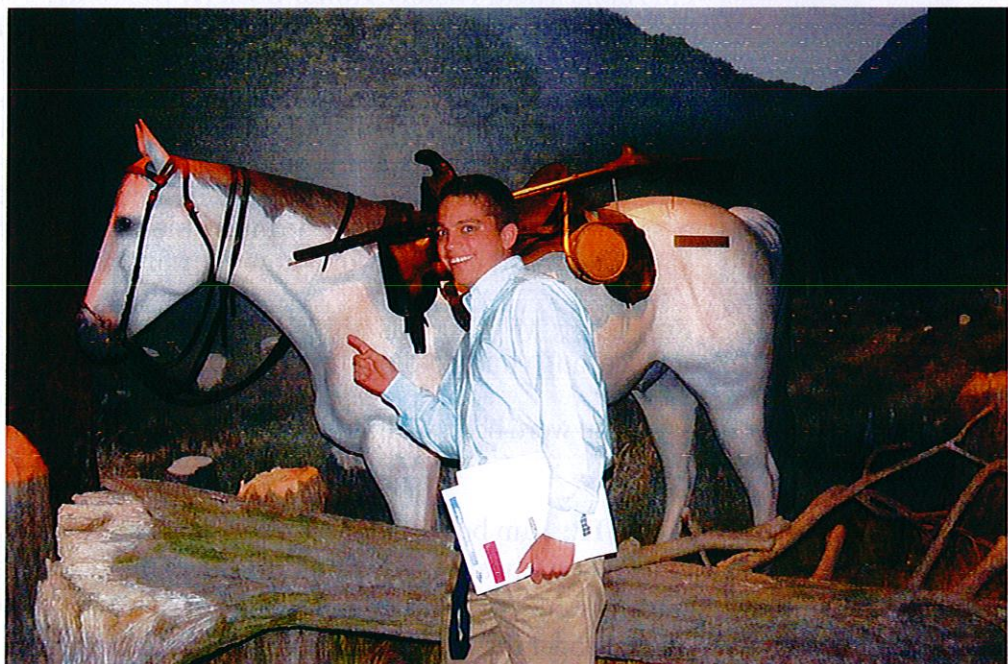
On June 29, the members of the Governor's Internship Program visited the West Virginia State Museum. Before the tour, the interns listened to speeches from Culture and History Commissioner Randall Reid-Smith, Charles Morris and Education and the Arts Secretary Kay Goodwin. Each speaker discussed an element of the museum's history, including the past, present and future. Interns had the opportunity to see the vast renovations the museum has undergone in the last few years. The museum walks guests through West Virginia's history, with colorful and historically accurate displays in each exhibit. The gallery houses some impressive artifacts, including Civil War uniforms and countless weapons used in battle. Secretary Goodwin focused on the future of the museum, noting that updated exhibits will include animated people and animals, as well as new elements of technology.



Interns view artifacts featured in the renovated West Virginia State Museum



GIP Participants take a break for a photo during their tour



Meet the Interns

Name: Perri Sheldon

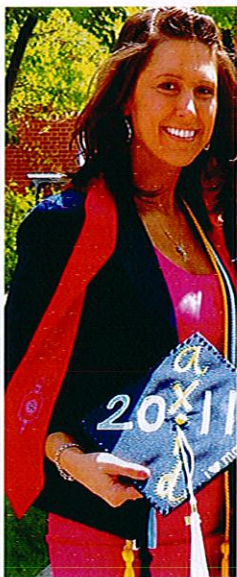
Agency: West Virginia Division of Culture and History

Bio: I will be a senior at Marshall University this Fall. My major is Public Relations, with a minor in Political Science. My goal for the future is to work in the Public Relations field somewhere in the state government, similar to what I'm doing now!

Fun Fact: In my spare time I love to bake, especially cupcakes!

My Favorite Quote: "You change your life by changing your heart" -Max Lucado

My Favorite Aspect of GIP: This internship has allowed me the opportunity to receive hands-on experience and knowledge to prepare me for my future career! I love the people I work with and have formed many new friendships with fellow interns! I also love working on the special events hosted by the Division of Culture and History!



Name: Cailin Howe

Agency: The Division of Culture and History

Bio: I am a first year graduate student at Duquesne University in Pittsburgh, PA. I graduated this past May from West Virginia Wesleyan College with a BA in History and minors in Art and Holocaust Studies. I was involved in my sorority Alpha Xi Delta for four years, as well as Omicron Delta Kappa Leadership fraternity and Phi Alpha Theta History Honor Society. Last May, I studied abroad in Ireland for a month long Irish Literature and History class, and I fell in love with the Emerald Isle. A dream of mine is to go back to Ireland and study or work in one of their museums. I love art, especially photography, and my work has been chosen for Vandalia Magazine at Wesleyan. I plan to earn my Masters of Public History from Duquesne and work in a museum as a curator or as an exhibit coordinator, and travel around the world as much as possible, collecting art as I go. History is my passion, and I hope to make it much more interesting to others. If you do not know your past, how can you know your future?

Fun Fact: While I was abroad in Ireland, I inadvertently tried blood sausage, rescued a lamb from a fence, and climbed the tallest sea cliffs on the island.

My Favorite Quote: "If you were born without wings, do nothing to prevent their growing." -Coco Chanel

My Favorite Aspect of GIP: I am being taught everything I will be studying in Graduate School this fall, now. I feel as if I am getting extra training and tutoring in many different aspects of museum work that I will be able to apply not only to my studies, but also in a real job after Grad School. I love the opportunities this internship is opening for me, especially going into the real working world.

Name: Austin (Keon) Linthicome

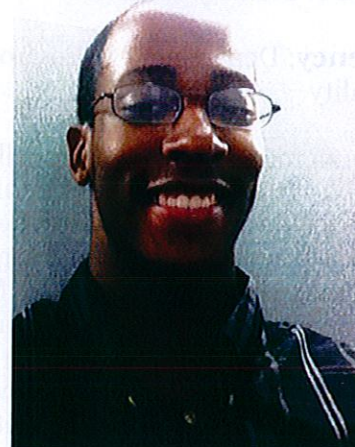
Agency: Office of Technology

Bio: I am currently attending Marshall University and am majoring in Computer Information Technology and minoring in Spanish. My hobbies are sketching, working out, playing bass guitar, and tae kwon do. My career plan is to finish up with a Master's Degree. I am planning to work with Microsoft for a little while and eventually work for the Police Department, to hopefully crack down on some crime. Yes, I want to be a crime fighter! After that I hope to own a business until I retire.

Fun Fact: I was in the Marching Thunder.

My Favorite Quote: "Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome." –Booker T. Washington

My Favorite Aspect of GIP: I am doing something that I love to do. I do not wake up in the morning saying, "Why do I have to go?" It is more like, "Let's do this thing!" It is a blessing to actually look forward to going to work and to work with very interesting people and learn about so many things. This internship has really helped me grow tremendously as an individual.



Name: Katharine Nyden

Agency: Department of Education and the Arts

Bio: I am a rising senior at West Virginia University. My major is in Political Science, with a minor in Spanish. I am involved in various clubs at WVU, including the Young Democrats and WVU Pre-Legal Society. I have been lucky enough to intern in both the US House and Senate and hope to eventually work in Washington, DC. In my spare time, I teach spin class at our Student Rec Center in Morgantown and I love it! After undergraduate, I would like to take a year or two doing some form of service, preferably in the Peace Corps. I eventually plan to go to law school and practice in the realm of international law, with an emphasis on human rights. I am a firm believer in pursuing your passion, not money.

Fun Fact: I spent last semester studying abroad in Morocco. If you are interested, check out my blog at <http://katharinenyden.blogspot.com>.

My Favorite Quote: "We make a living by what we get, but we make a life by what we give." - Winston Churchill

My Favorite Aspect of GIP: Bugging all the interns with constant emails? I love the people in my office and have really enjoyed putting together this newsletter. I've learned so much about the other interns in the GIP program. I also love to write and have had the opportunity to do quite a bit of it for Secretary Goodwin.

Name: Brittany Ireland

Agency: Department of Environmental Protection, Division of Air Quality

Bio: I graduated from Marshall University in May as Summa Cum Laude with a degree in Communication Disorders and a minor in Interdisciplinary Studies. I will be in Marshall University's Communication Disorders Graduate Program in August. I want to be a Speech-Language Pathologist with my Master's Degree and I'd like to work with adults who have brain injuries resulting from strokes or other disorders. I love spending time with my boyfriend, Eric. I like to be with my family (including fellow GIP intern, Sara) and my cat and dog. I enjoy reading, music, watching comedy movies and TV shows, Zumba, jogging, being outside and traveling.



Fun Fact: I am half-Italian and I was able to visit my extended family in Italy last summer!

My Favorite Quote: "Life is a tragedy for those who feel, but a comedy to those who think." – Horace Walpole

My Favorite Aspect of GIP: This is my fourth summer working with the DEP, and I love being able to work in a professional environment and to learn the dynamics of different people working together. I also met one of my best friends, Danielle, through this internship, and I will be her Maid of Honor this January!



Name: Jennifer Papouschek

Agency: Department of Revenue, Office of the Cabinet Secretary

Bio: I am currently a junior at the University of Charleston majoring in Public Policy with a minor in Psychology. I have been interning with the Department of Revenue for a little over a year now and couldn't be more pleased with my co-workers. In my spare time, I enjoy attending many of UC's sporting events, cooking and most of all, fishing. Upon graduation, I plan to attend law school and then possibly traveling various parts of the world.

Fun Fact: I hate odd sounds like the paper shredder stopping and starting, toilets flushing and cabinet doors closing.

My Favorite Quote: "I like nonsense, it wakes up the brain cells. Fantasy is a necessary ingredient in living, it's a way of looking at life through the wrong end of a telescope. Which is what I do, and that enables you to laugh at life's realities." – Dr. Seuss

My Favorite Aspect of GIP: Through GIP, I've been able to meet many great and influential people and create lasting relationships. I like meeting the new interns as well as catching up with the those who have been here before. All in all I have enjoyed each and every part of my intern experience thus far.

Blame the Browser

The Somewhat Engaging Commentaries of the WVOT

Workaholics Anonymous

By Elliott Iannello



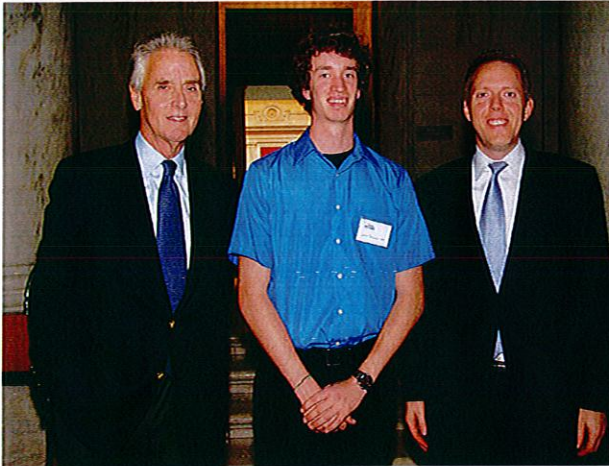
I have very little experience in the work force. This is my second job and I formerly worked at my local movie theater. Nonetheless, the ability to make an observation and draw from it stems not only from personal experience, but rather listening to others' experiences and applying them. Using one's own wealth of knowledge alone to draw conclusions offers a shallow pool to tap from. It's a vicarious venture when it is at its best.

Now if you were thinking ahead, that was the setup to my point. If you haven't guessed it, I will make an observation: workaholics are highly inefficient. They are the living antithesis to the maxim "quality over quantity." I have read my fair share of studies and heard my fair share of talks. You know, the ones on productivity in the work place? The one that most resonates most with me is David Heinemeier Hansson's interview with *Success Magazine*. In many ways, the following rant is my interpretation of his ideas, combined with my own thoughts from personal experience.

The consensus between studies seems to be that on average, a human only gets four to five hours a day of optimal brain function. Any time spent thinking over that is essentially producing subpar material. I think many of us can attest to this first hand and I know I can, even in my youth. But I digress. The point is that workaholics build more conundrums than they can resolve in a work day. Then they go home dead tired and proud of it and show up the next day fatigued. This becomes a cycle, one our culture has embraced. It's a characteristic of our society these days to glorify such individuals, patting them on the back saying, "You worked 12 hours today, way to be selfless!" This is a fallacy. Workaholics are not helping anybody with their so-called sacrifice, just hurting themselves. They probably had only three hours of actual productive work. The rest of the time was most likely spent drifting between emails, meetings, chit-chat, lunch and trying to focus. If they tell you "I actually worked the majority of that time, thank you very much," that just means they have very poor management over their work. There is no task that requires that much attention out of a day, unless it is a crisis. If it's a mammoth project, divide it up and work on small problems over time. If the problems take seven to eight hours to solve, then they are too big and need to be smaller. To bring back the prior point of optimal brain performance, working on a single problem for over the four to five hour limit just means you begin to develop a poor solution. There is also the excuse of being "overworked," which in some cases is legitimate. This doesn't reflect on the individual as much as it does the company. Bottom line is that people have lost sight of a simple truth: *less is more*. Don't bite off more than you can chew and learn to break things down. This is where the workaholic goes far astray.

Fortunately, there is a cure and it is simple: set borders. Dedicate your well-rested being wholly to the task at hand. When the clock strikes four, go home and don't let work follow you. Life is too short to not enjoy your family and hobbies, and sometimes you can find solutions in unexpected places. As Ayn Rand might say, one must observe the "virtue of selfishness." Take care of your link in the chain and do your part to keep the chain strong. If you set some boundaries, you gain discipline and balance. Gain control over your workaholicism and in the long run, you will become a productive and happy asset to your company, rather than an exhausted liability.

Student Snapshots



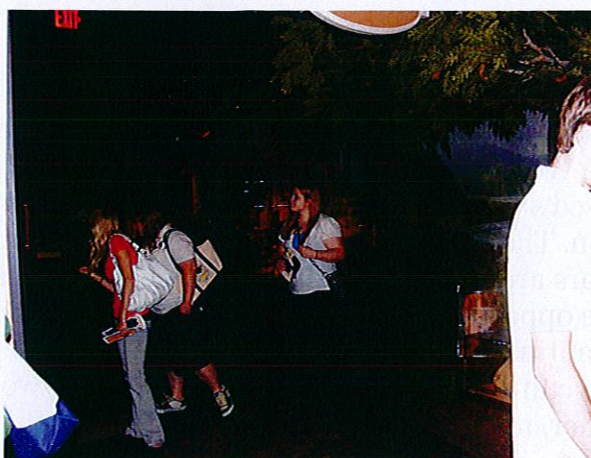
West Virginia Center for Professional Development Intern John Steadman with College Board Vice President Trevor Packer and former Governor Gaston Caperton.



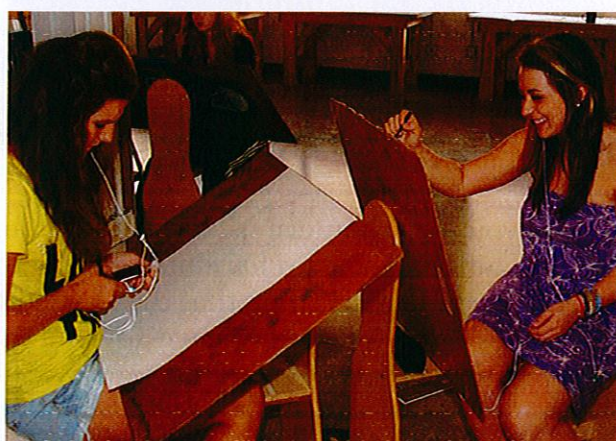
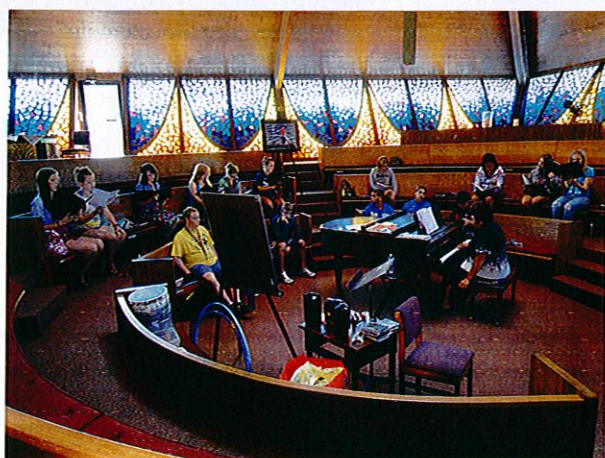
Department of Education and the Arts intern Katharine Nyden, with co-worker Sara Price, at Geowoodstock IX in Warren, Pennsylvania to promote Explore West Virginia.



During an AP agreement signing in the State Capitol, West Virginia Center for Professional Development interns along met with former governor, Gaston Caperton and the College Board vice president, Trevor Packer. Pictured, from left to right, are Elizabeth Stinnett, Kelsey Shedd, Garrett Wright, Mr. Caperton, Mr. Packer, Wil White, Rachel White, Brittney Young and Brooke Green



GIP Interns enjoy touring the West Virginia State Museum on June 29, 2011.



The photos shown above are from GIP observation of the Governor's School for the Arts at Davis and Elkins College.

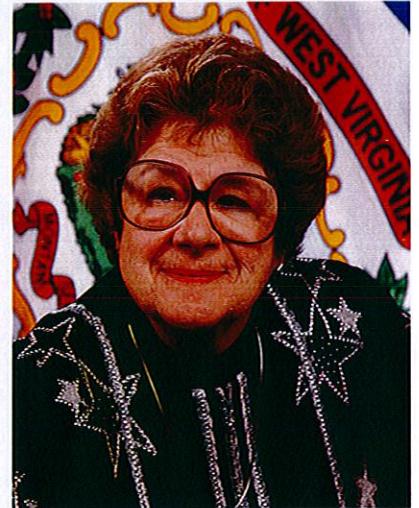
Greetings from Secretary Goodwin

I would like to extend a special thanks to the members of the Governor's Internship Program for attending the luncheon at the West Virginia State Museum on June 29. I thoroughly enjoyed sharing with you the renovations to come in each exhibition. The changes the museum has undergone in the last few years are truly astounding. I am delighted that each of you had the opportunity to experience West Virginia's history in such a beautiful way. It is up to each of you to preserve and celebrate the culture of our great state. Continue to work alongside each other, making West Virginia a better place!

Thank you!

Secretary Kay Goodwin

Department of Education and the Arts



Editor's Note

Thank you to each intern who contributed to the third edition of *The Intern Voice*! Your photos, bios and articles have made the newsletter interesting and fun and I appreciate all of your help. Keep in mind that the next edition will be our last for the summer. If you would like to be featured or have any material to contribute, please do so! As always, I look forward to your feedback on the newsletter and hope you have enjoyed this edition!

Katharine Nyden

GIP Intern, Department of Education and the Arts

"To reach a port, we must sail. Sail, not tie at anchor. Sail, not drift."

Franklin Roosevelt

